



Moccasin Trail

ENNISKO:WA/MARCH 2019

Points of Interest:

- Green Food Bag Date
- Deer Valley
- Valentine's Day Article
- Craft Class
- Plattsburgh Shopping
- Billiards
- Box Lunch Bingo



Friday, March 22, 2019 is **March for Meal Day!** Let's show appreciation for our Home Delivered Meals Drivers Tina Tarbell and Brenda Hathaway for getting our meals to us through this crazy North Country weather. They made 10,414 deliveries in 2018! See more details on page 10.

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Senior Club Page

Any mail for the Saint Regis Mohawk
Senior Club can be sent to:

P.O. Box 1106
Hogansburg
NY 13655

Senior Club Hours:

Monday-Friday
10:00am-12:30pm

New Members

Agnes Terrance
Abraham Gray
Wanda Grant
Sandra A. Burnett



Upcoming Events

Mar. 12th at 10:00– Senior Club Meeting

Wed. March 13th– Deer Valley Trip

Deer Valley



Wednesday, March 13, 2019 we will be taking the bus and van to Deer Valley Restaurant in St. Regis Falls. We will leave the Center at 10:00 am. Enjoy a leisurely lunch and watch the deer from the restaurant windows. To attend, please pay \$10.00 to the Senior Club to reserve your seat; it will be returned to you when you board the bus.

Volunteer BINGO Schedule:

March 4th

Vicki Phillips
Lucille Peters

March 11th

Judy Cole
Rosemary Bonaparte

March 18th

Barbara Lazore
Lou Ann Paquin

March 25th

Betty Kelly
Dorothy Shatlaw
Debbie Thomas

Schedule is subject to change. Please make arrangements to switch with someone if you cannot make it on your scheduled date.

The trip planned to Atlantic City has been CANCELLED due to nonparticipation. Please come in for your reimbursement if any payments were made. Sorry for any inconvenience.

Caregiver Training Spring 2019

Are you a caregiver? Caregivers are family and friends or neighbors who help individuals manage day to day tasks. It might be driving someone to appointments or helping with shopping or it could be helping with bill paying, laundry or keeping track of medications. No matter what you help with, **you are a Caregiver.**

All Caregivers can benefit from information about navigating their caregiver role. After all, you want to help the person you care for but you also want to take care of yourself.

Consider attending the next **Caregiver Training: A Three Part Series** for caregivers helping individuals 60 and older. This **free training** will be offered from **2:00-4:00 PM on Wednesdays April 10th, May 8th and June 5th 2019** and will be held at the Senior Center, 29 Margaret Terrance Memorial Way, Akwesasne. A full variety of topics will be covered, including suggestions for Navigating the Caregiver Role, Family Dynamics, Communication (with family and health care professionals), Safety, Advance Directives and self-care. Pre-registration information will help personalize the class to meet additional caregiver issues identified by the attendees.

Pre-registration is required. Space is limited so call to reserve your spot.

At the conclusion of the class Caregivers will leave with a large selection of Caregiver training materials and a personalized self-care plan.

If you would like more information about this **free program** or to **pre-register**, please contact Nancy Vosbrink at 518-358-2963 or nancy.vosbrink@srmt-nsn.gov.

Funding provided by Title E and OAA Title VI (C)



**Alison Cooke & Tracy Holcomb
Information Offices
will be **CLOSED**
Mon. March 11th-Fri. March 15th**

Green Food Bag

Deadline to order is
Friday, March 1st by 2:00 pm

Please mark your calendars to
pick up your orders between
12:00 pm and 4:45 pm on

Tuesday, March 12th

Cost is \$10.00 per bag in
American or Canadian funds!

Water Hydration & Older Adults

Most of us think about the importance of staying hydrated during the hot summer months when the sun is beating down and the temperatures are high. It's imperative that we drink enough water during the colder months of the year. The ingestion of enough water, whether through direct liquids or as contained in various foods, can help elderly persons stave off sickness and stay healthy. Water makes up 60% of our human bodies. Water is a huge part of our skin, bones, organs and muscles— without enough water, our bodies are not able to function properly. According to the USGS Water Science School, our brain and heart are composed of 73% water.

The elderly population is more at risk for dehydration for five reasons:

1. The bodies' ability to conserve water is reduced as a natural part of aging
2. The sense of thirst can diminish with age
3. The internal regulation system of keeping fluids and electrolytes in balance no longer functions as well
4. Some medications can interfere with the ability to retain fluids by exacerbating dehydration or depleting water through frequent urination
5. Incontinence issues can make a senior less willing to drink fluids due to the fear of having an accident

During peak cold and flu season, adequate hydration can help boost your immune system, which is particularly important for the elderly population who are already more susceptible to sickness. When our cells are properly hydrated, our organs are able to function at an optimal level, which allows our immune system to also work best. Water is crucial to flushing out toxins and carries life-giving oxygen throughout our bodies. Without enough water, our kidneys cannot appropriately expel waste products and those toxins can build up which have an unhealthy effect on our immune system. Another way that water can help keep you healthy is by aiding in the production of lymph. Our bodies' immune system needs lymph to circulate white blood cells and necessary nutrients throughout the body needed to fight disease and infection. We cannot produce lymph without adequate water intake, so drinking enough fluids will boost the immune system. For seniors who may be suffering from arthritis or other joint pain, drinking enough water can also help lubricate the joints and relieve some of the pain they might be experiencing. Adequate water intake can also help with headaches by carrying life-giving oxygen to the brain that can help relieve the pressure of migraines or tension headaches. During the winter months, the air outside is drier, too, so drinking more water can help keep skin and lips from getting overly dry or chapped.

It's important to know that while drinking coffee and other caffeinated beverages may contain a lot of water, the caffeine and other components in those drinks can have an adverse effect on hydration. Every time you take medicine, try to drink an entire 8-ounce glass of water. Adding fruits and herbs to water can give it a different flavor that will make it more palatable to drink. Lots of fruits and vegetables like pears, strawberries, and tomatoes contain high levels of water that contribute to the daily intake of fluid.

Article by: 2019 Heritage Operations Group



March 2019

Caregiver Corner

Did you know **March 3-10 is National Sleep Awareness Week**? Why does that matter to Caregivers? Because studies show finding time to sleep may be one of the biggest challenges of Caregiving.

The recommended minimum amount of sleep for the average adult is 7-7.5 hours a night. Unfortunately, more than half of surveyed caregivers report sleeping less than that.

Some of the problems associated with not getting enough sleep include; difficulty focusing, mood swings, compromised immune system, high blood pressure, heart disease and weight gain.

So here are some **quick tips for better sleep**:

- ⇒ **Avoid Caffeine** late in the day. Not just coffee but certain teas, soda and chocolates. If you do want something hot to drink, consider all the herbal options.
- ⇒ **Allow time to digest your last meal or snack** and avoid those foods you know tend to upset your stomach or cause heartburn. It will just make it more difficult to get comfortable when you finally lie down.
- ⇒ **Keep a routine bedtime.** This helps regulate your internal clock. Then your body will be working with you instead of against you.
- ⇒ During the day time **try to be physically active.** Just a 5-10-minute walk outside in the fresh air can make a difference. But don't exercise just before bed because it will have the opposite effect.
- ⇒ **Turn off your electronics** at least 30 minutes before bed. The blue light in some of these devices fools your brain into thinking its sunlight. So your brain thinks its daytime and wants to keep you awake.
- ⇒ **Avoid naps** but if you must, keep it to a 30-minute power nap.
- ⇒ Try to **keep the bedroom for sleeping.** Keep it free of clutter, paperwork or projects that might distract you from sleep.

If you aren't sleeping because you are worried about hearing the person you care for, **consider a monitor** so you can hear if they get up out of bed. If the person is at risk for wandering there are all kinds of items that help alert the caregiver to movement.




If you would like more information or suggestions, contact Nancy Vosbrink at the Senior Center 518-358-2963 or nancy.vosbrink@srmt-nsn.gov.



Funding provided by Title III E and OAA Title VI (C)

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíá:khaton
<p>Remember:</p> <p>Please call the center at (518) 358-2963 by 9:30 am for lunch.</p> <p>Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am</p> <p>And call the center if you will not be home for your home delivered meal.</p> <p>Menu is subject to change at Cook's discretion.</p> <p>Your cooperation helps us better serve you!</p> <p>Sponsor by: NYS OFA Title 111, Title V1 Native American Funding, Tribal General Funding</p>						
3 Activity: 6:00 Ace to King	4 Sloppy Joe's Sweet Potato Fries Carrots Chocolate Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	5 Mac & Cheese Stewed Tomatoes Broccoli, Roll Cookie Activity: 8:20 Massage 10:00 Chair Yoga 11:00 Box Lunch Bingo 1:00 Shopping 1:00 Kanien'keha Class	6 Ash Wednesday Baked Fish Parsley Potatoes Mixed Veggies Lemon Fluff Activity: 10:00 Exercise Class 11:00 Nutrition Bingo 10:00 Coloring Contest Judging	7 Tortellini Italiano Toss Salad Garlic Bread Yogurt Parfait Activity: 10:00 Haircuts 10:00 Chair Yoga 1:00 Shopping 1:00 Kanien'keha Class	8 Potato Crusted Cod, Wild Rice Peas & Carrots Roll, Peaches Activity: 10:30 Virtual Bowling 12:30 Billiards at Tsiionkwanonhsote	9 Activity: 6:00 Ace to King
10 Activity: 6:00 Ace to King	11 Chili Johnny Cake Corn	12 Scalloped Potatoes w/ Ham Green Beans, Roll	13 BBQ Chicken Mac Salad Roll	14 St. Patrick's Party Corn Beef Dinner Roll	15 Cheese Manicotti String Beans	16 Activity: 6:00 Ace to King

6:00 Ace to King	Tapioca Pudding Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo: <i>Iakhihsotha attending</i>	Peach Cobbler Activity: 10:00 Chair Yoga 10:00 Senior Club Meeting 1:00 Kanien'keha Class 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	Mandarin Oranges Activity: 10:00 Leave for Deer Valley- St. Regis Falls 10:00 Exercise Class	Fruited Jell-O Activity: 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	Italian Bread Chocolate Pudding Activity: 10:30 Virtual Bowling 9:00 Leave for Shopping in Plattsburgh	6:00 Ace to King
17 Activity: 6:00 Ace to King St. Patrick's Day	18 Chicken Tenders Sweet Potato Fries Pork-n-Beans Roll Fruit Cocktail Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo	19 BBQ Ribs Coleslaw Broccoli Roll Cranapple Sauce Activity: 8:20 Massage 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping	20 Open Face Turkey Potato Wedges Baked Beans Pears Activity: 10:00 Exercise Class	21 Sweet & Sour Meatballs, Brown Rice Cauliflower, Roll Cookie Activity: 10:00 Haircuts 10:00 Chair Yoga 11:00 Alzheimer's Support Group 1:00 Kanien'keha Class 1:00 Shopping 2-4:00 Memory Café	22 Tomato Soup Tuna Sandwich Banana Pudding Activity: 10:30 Virtual Bowling 1:00 Tina's Painting	23 Activity: 6:00 Ace to King
24 Activity: 1:30 Leave Center for Harry Potter Spectacular! Orchestra in Potsdam Call Katie to Sign up! 6:00 Ace to King	25 Beef Barley Soup, Biscuit Fig Newton Cookie Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo: <i>Iakhihsotha attending</i>	26 Pork Chops Stuffing Brussel Sprouts Apple Cobbler Activity: 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping	27 Birthday Meal! Spaghetti & Meatballs Italian Bread Cake Activity: 10:00 Exercise Class 10:00 Vitals 1:00 Craft Class: Making Easter Wreaths	28 Garlic Chicken Toss Salad Peas Roll Berries & Whip Activity: 10:00 Chair Yoga 1:00 Kanien'keha Class 1:00 Shopping 1:30 Legal Aid	29 Closed Planning Day 	30 Activity: 6:00 Ace to King

St. Patrick's Day History



Public Life

St Patrick's Day is a bank holiday in Northern Ireland (United Kingdom) and the Republic of Ireland. St Patrick's Day is also a festive occasion in some parts of the world where it is not a public holiday. Therefore traffic and parking may be temporarily affected in streets and public areas where parades are held in towns and cities.

Background

St Patrick is one of the patron saints of Ireland. He is said to have died on March 17 in or around the year 493. He grew up in Roman Britain, but was captured by Irish raiders and taken to Ireland as a slave when he was a young adult. After some years he returned to his family and entered the church, like his father and grandfather before him. He later returned to Ireland as a missionary and worked in the north and west of the country.

According to popular legend, St Patrick rid Ireland of snakes. However, it is thought that there have been no snakes in Ireland since the last ice age. The "snakes" that St Patrick banished from Ireland, may refer to the druids or pagan worshipers of snake or serpent gods. He is said to be buried under Down Cathedral in Downpatrick, Ireland. Ireland's other patron saints are St Brigid and St Columba. Luke Wadding, a Franciscan scholar born in 1588 in Waterford, on the south coast of Ireland, was influential in ensuring that the anniversary of St Patrick's death became a feast day in the Catholic Church. Many Catholic churches traditionally move St Patrick's Day to another date if March 17 falls during Holy Week.

Many immigrants from Ireland fled to other parts of the world, including Australia, Canada, the United Kingdom and the United States, in the 19th and 20th centuries. Many Irish customs, including the St Patrick's Day celebrations, became quite popular in these countries. However, much of the interest in the St Patrick's Day events is largely commercially driven in the 21st century.

Symbols

The most common St Patrick's Day symbol is the shamrock. The shamrock is the leaf of the clover plant and a symbol of the Holy Trinity. Many people choose to wear the color green and the flag of the Republic of Ireland is often seen in St Patrick's Day parades around the world. Irish brands of drinks are popular at St Patrick's Day events.

Religious symbols include snakes and serpents, as well as the Celtic cross. Some say that Saint Patrick added the Sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross. Other Irish-related symbols seen on St Patrick's Day include the harp, which was used in Ireland for centuries, as well as a mythological creature known as the leprechaun and a pot of gold that the leprechaun keeps hidden.





Valentine's Day

Our Valentine's Day party this year was combined with the kick-off for 2019 Winter Carnival. Along with the Sweet Valentine Senior Prom, the King and Queen were announced and crowned. Congratulations to Abe and Esther David! Esther is joined by her children Morgan David and Rosie Dinelle.

Our February Coloring Contest winners were picked by most votes. We had 14 entries and all were very unique. The winners were: 3rd Place—Carol Ann Thompson, 2nd Place—Linda Montour, 1st Place—Leona Thompson-David. Our next coloring contest will begin March 6th and end March 13th.

Upcoming Trips & Activities:

Friday, March 1st– Wednesday, March 6th Coloring Contest: Coloring pages and utensils are available each day until Wednesday. Winner's are chosen by anonymous popular vote.

Tuesday, March 5th– Box Lunch Bingo: We play 5 free games with the residents at Iakhihsotha from 11:30 am– 1:00 pm.

Friday, March 8th- Billiards at Tsiionkwahnonsote: Pool games in their activity room.

Friday, March 15th- Plattsburg Shopping Trip: Leave at 8:30 am, shop and eat lunch, back before 4:00 pm.

Sunday, March 24th– Harry Potter Spectacular: An orchestra performance in Potsdam at Hosmer Hall. It doesn't matter if you have watched the movies, the music will be great and the costumes will be very entertaining!

Wednesday, March 27th– Craft Class: Easter/Spring Tulle Wreaths at 1:00 pm

To reserve your seat for any activity, call Katie at 518-358-2963 extension 3309

Save the Date!

Oneida Aging Well Conference 2019
Wednesday, May 29th-Thursdays, May 30th

Workshops:

Doctor Tonemah
 Self Defense for Elders with Tom Becher
 Sex over 60 with Xenia Becher
 Learning to Ask For and Accept Help with Bridge John
 Herbal Remedies with Sheri Beglen

Keynote Speaker: Renee Roman Nose, Native Comedian

Q&A Doctors Pannel: Dr. Newton, Dr. Layton and Christina Riggall NP

*(These workshops are still in the early stages of planning)
 Call and ask Katie Boots for more information*

March for Meals!

On March 22nd, 1974, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for people 60 years and older. For nearly 45 years, these critical programs have delivered more than just nutritious meals to older adults in their homes and community setting. The dedicated staff and volunteers who provide and deliver these meals each day provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our older neighbors at home, where they want to be.

St Regis Mohawk 2018:

10, 414	Home Delivered Meals
73	Home Delivered Customers
9, 519	Congregate Meals
255	Congregate Customers

Since 1975:

936.5 million	Total Meals Served
411 million	Home Delivered Meals Delivered
525 million	Congregate Meals Served
9.9 million	Total Older Adults Served

New York State 2018:

12.2 million	Home Delivered Meals
9.3 million	Congregate Meals
214,000	Total Older Adults Served

Niawen:kowa

Thank you Dolores Thompson for your article entry! (If anyone finds an article they love whether funny, health, or factual, I can use them for the newsletter!)

Thank you Brenda LaFrance for your Halloween DVD donation! Thank you Jennine Hall for your generous donation of VHS tapes!



**Office for
the Aging**

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!

- 1- Laura Jandrew
- 2- **Annette Armstrong**
- 3- **Thomas Cooke**
Marie Casey
- 4- **Venita Loran**
Sandra Fox
- 5- **Elizabeth Smith**
- 7- **Frank Scott**
Felicia Jock
- 9- **Louise Ingle**
Barbara Namias
- 11- **Sallie Patterson**
Esther Jock
Joanne Reyome
- 12- Dolores Stanfield
- 13- **Lud Beeson**
Winifred Mitchell
- 14- **Rosemary Bonaparte**

- 15- **Alan Beeson**
Dorothy Haitz
Barb Smoke
- 16- Gary McKennan
- 17- **Patricia Benedict**
- 18- Darlene O'Brien
Beverly Papineau
- 19- **Catherine Cook**
Grace Roundpoint
- 20- **Florence Patterson**
Barbara Hillyard
- 21- **Marion Campbell**
- 22- Judy Hampton
- 23- **Christie Horn**
Peter Cree
- 24- Randy Bigtree
- 25- Linda Deom
Marilyn White

- 26- Carol Coughlin
Rita LaBlanc
- 27- Judi Sprague
Ruth Ghostlaw
- 29- Robert Delormier Jr
Kathy Colburn
- 31- **M. Maxine Stone**

**Bold are Saint Regis
Mohawk Senior Club
Members**



Craft Class



Our first Craft Class this year was a drawn vase on canvas with artificial flowers popping out of the frame. All we did was draw the vase with a marker, cut a slit and insert the flowers. It was definitely a fun, easy project; and a riot with this crew! Caregiver Coordinator: Nancy, Lynn LaFrance & Carol Ann Thompson.

Our Next Craft Class: Easter Wreaths on
Wednesday, March 27, 2019 at 1:00 pm





St. Regis Mohawk Office for the Aging

29 Business Park Road

Akwesasne, NY 13655

***Newsletters may also be received by e-mail**

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard

US Postage Paid

Akwesasne, NY

PERMIT # 4

If you are not the Addressee, please
notify us of our mistake.

To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:

www.srmt-nsn.gov/office_for_the_aging

**We're Here to
Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**